You may need to read this leaflet again.

Please do not throw it away until you have finished the herbal product.

## **GOOD SLEEP III**

# Supports the body's self-healing process to soothe poor sleep associated with two or more of the following:

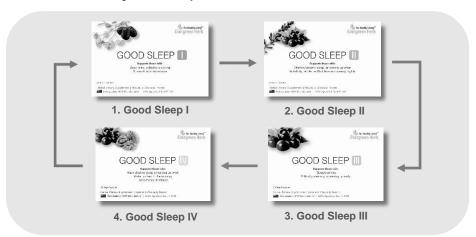
• Difficulty sleeping / Waking up early with irritability • Sleeplessness • Dry mouth, lips, or throat, easily thirsty

#### Usage guideline for Good Sleep III:

Adult only. Take 2 capsules after dinner. If sensitive to this formula, reduce to 1 capsule. If there is no noticeable benefit, increase to 3 or 4 capsules until there is a stable effect, then revert to 2 capsules.

Course: One month. Take a one-month break before starting the next course if needed.

If your conditions are among Good Sleep I, II, III and IV, alternate between them for the best results:



Alternate the four formulas above (each for 5 days) and continue this cycle until finished, then take a one-to-two-month break before starting the next course if needed. If there is poor digestion/bloating/loose bowel movement, take **Better Digestion** first.

To maintain your good sleep quality after finishing the course of above cycles:



Alternate Energy Support II (7 days) with Better Digestion (3 days) and continue for 2 cycles.

#### Special precaution:

• Do not combine with sedative medication.

### Health suggestions during usage of Good Sleep III:

• Take a relaxing 15-minute walk before bed.

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Disclaimer: The content in this leaflet is provided solely for purpose of educating customers, and is not intended to replace the diagnosis, prescription, prevention & treatment of individual conditions by a medical professional. It should NOT be used as a substitute for the advice of a medical professional. If symptoms persist, please seek medical advice.

